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Chris Comish's blog

Chris Comish is a Reiki Master and here to lift others up in Love and Light.

Tuesday, June 18, 2024

Chakras and Frequencies

The following are descriptions of the chakras and their frequencies:

1. Root chakra. Affirmation "I AM." Energy, Stability, Comfort, Safety. 396 hz solfeggio frequency. Survival. Also the Kundalini energy is stored here. Associated With: Earth Connection, Physical Health, Safety and Security, Groundedness, The Body, Longevity, Kundalini, and Healing.

2. Sacral chakra. Affirmation "I FEEL." Sensuality, Sexuality, Pleasure, Sociability, Creativity. 417 hz solfeggio frequency. Personal identity. Kundalini rising begins in the Hara/Belly button chakra. Associated With: Relationships, Life Force, Emotions, Intimacy, Vitality, Skin, Impulse, Desire, Motivation, and Letting Go.

3. Solar Plexus chakra. Affirmation "I DO." Strength, Personality, Power, Determination. 528 hz solfeggio frequency. Ego resides here. Social relations. Associated With: Self-Esteem, Ego, Confidence, Manifesting, Willpower, Self-Belief, Grit, Success, Conscious Mind, and Adaptability.

4. Heart chakra. Affirmation "I LOVE." Acceptance, Love, Compassion, Sincerity. 639 hz solfeggio frequency. Opening of Ascension path. Higher Self manifestation begins. Love/Compassion of Higher Self. Universal Love. Associated With: Compassion, Faith and Hope, Forgiveness, Joy, Surrender, Humility, Empathy, Unconditional Love, and Balance.

5. Throat chakra. Affirmation "I TALK." Communication, Expression, Creative Expression, Inspiration. 741 hz solfeggio frequency. Expression of Higher Self. Free communication. Associated With: Communication, Expression, Honesty, Worthiness, Gratitude, Creativity, and Channeling Energy.

6. Third eye chakra. "I SEE." Intuition, Lucidity, Meditation, Trust. 852 hz solfeggio frequency. Vision of Higher Self. Universal energies. Associated With: Subconscious Mind, Deep Thought, Imagination, Mind's Eye, Intuition, Clarity, Wisdom, and Vision.

7. Crown chakra. Affirmation "I UNDERSTAND." Knowledge (Truth), Consciousness, Fulfillment, Spirituality. 963 hz solfeggio frequency. Bridge of Light Unity Connection to Higher Self. Flow/Channeling state. Sacredness of each experience. Associated With: Transcendence, Spirituality, Higher Self, Ascension, Quantum Mind, Source, Oneness, Unity, Christ Consciousness, Inner Peace, Dreams, and Cosmic energies.

Great solfeggio frequency videos are found at
https://www.youtube.com/@PowerThoughtsclub

- June 18, 2024

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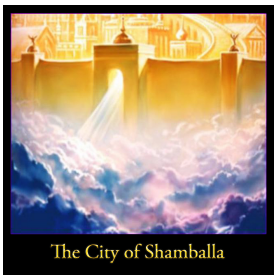

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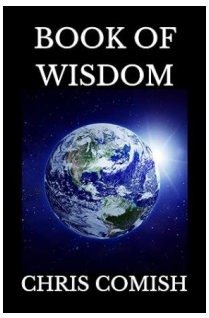

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Pictures of Heavenly (Astral) form - Soul- Oversoul (Higher Self)

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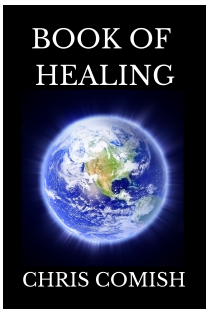

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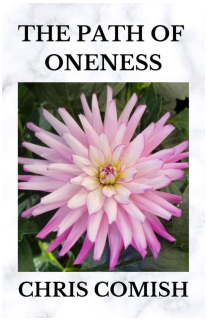

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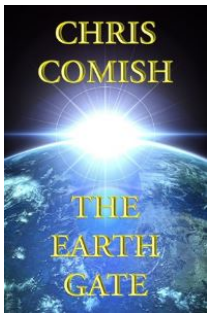

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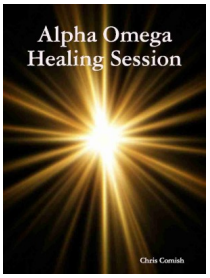

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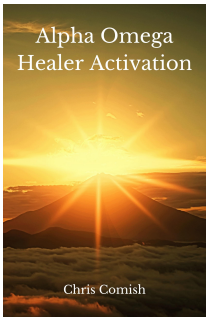

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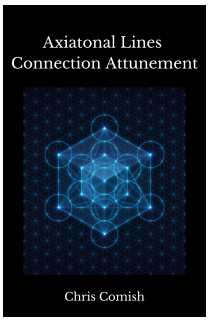

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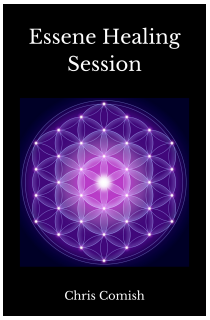

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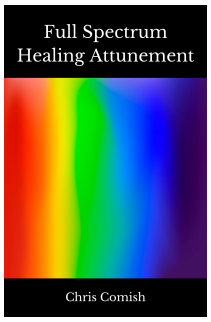

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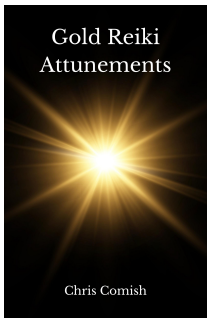

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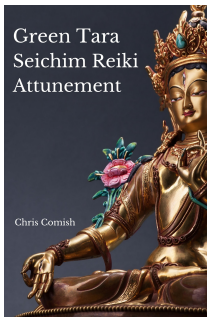

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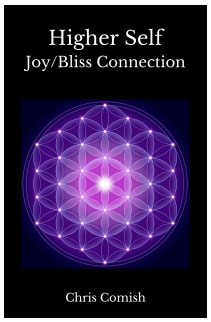

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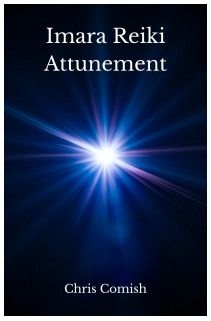

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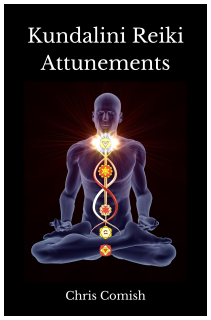

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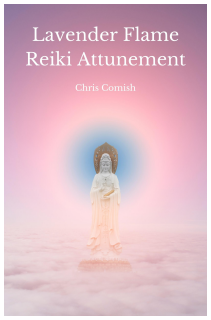

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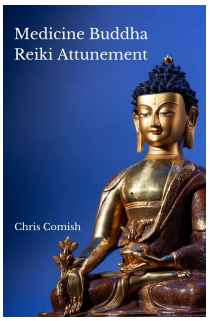

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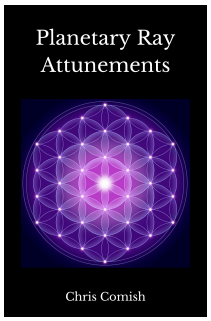

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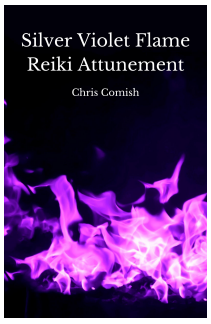

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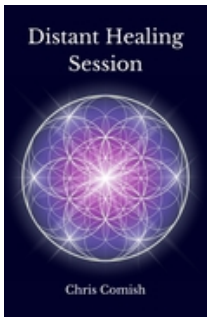

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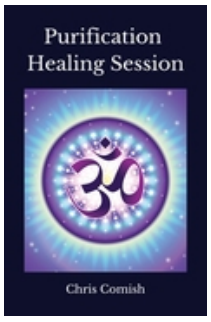

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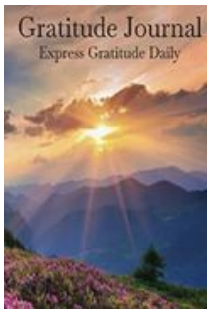

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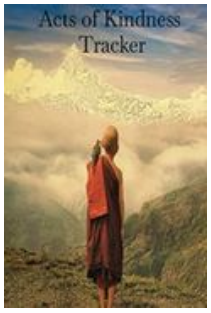

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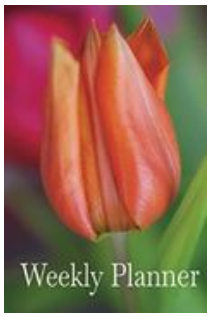

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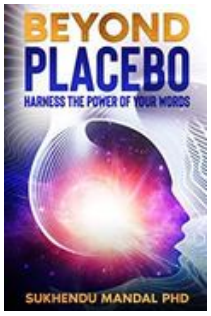

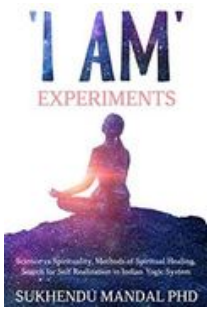

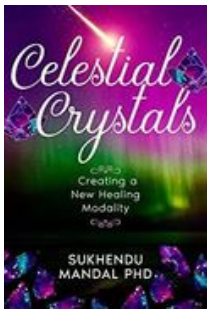

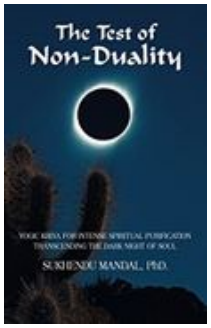

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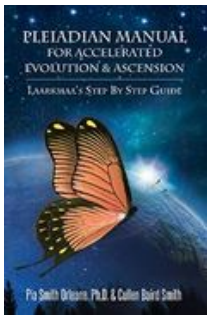

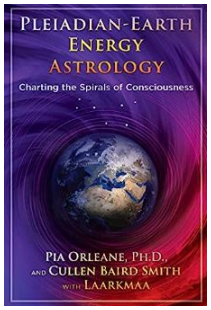
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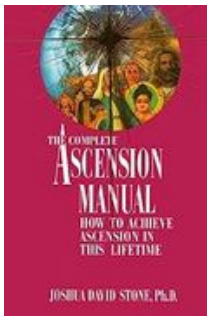
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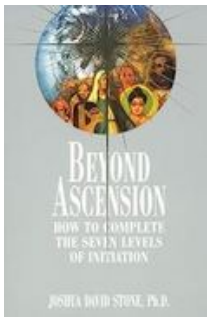
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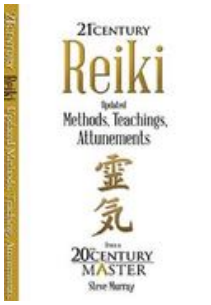
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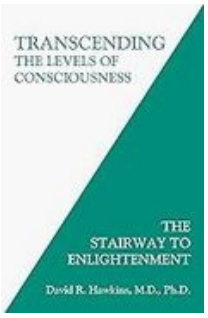
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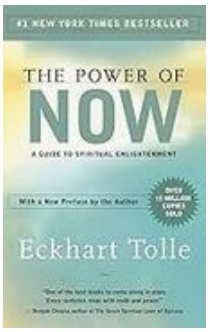
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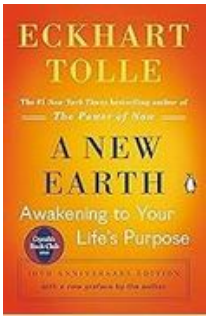
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The
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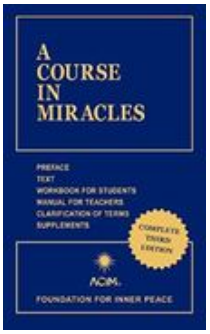
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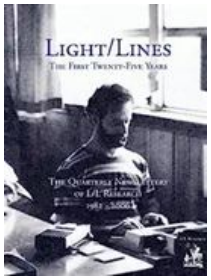
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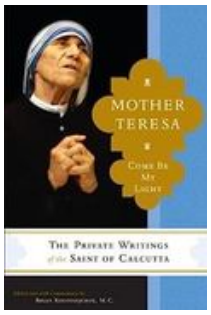
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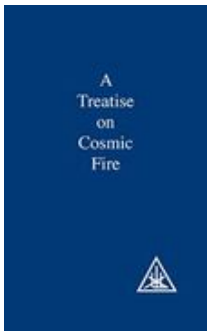
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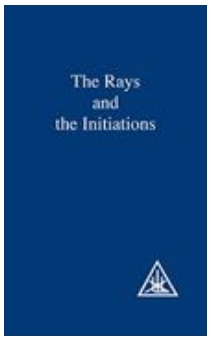
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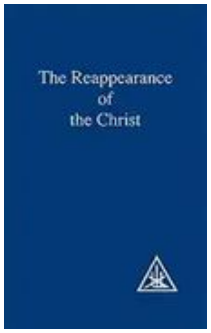
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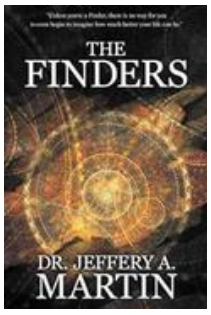
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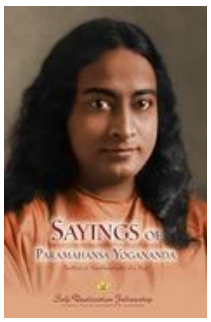
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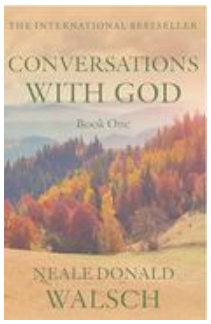
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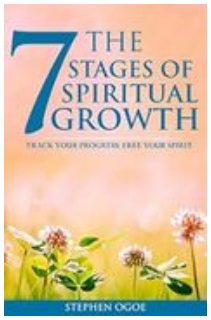
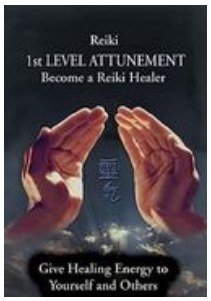
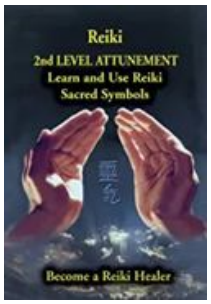
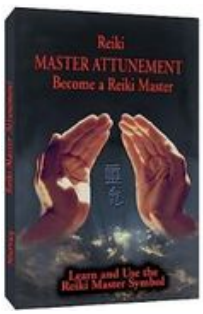
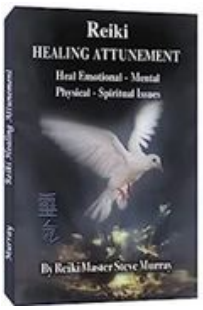


Recommended DVDs (These started Chris Comish's Reiki journey in 2006)









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- Solstice Transmission with Anrita Melchizedek
- Do Not Waste This Opportunity
- Meditation And The Inner Celebration of Christmas By Yogananda & The Self-Ralization Fellowship
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